



Grundy County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Grundy County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Grundy County School System that includes:

- School Health Advisory Committee
- Seven Healthy School Teams
- School Health Policies strengthened or approved include "Birthday/Celebration Policy: 1 party per month, healthy snacks encouraged, Tobacco Free School Zone for all Grundy schools
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$95,698.80.

Community partnerships have been formed to address school health issues. Current partners include:

- Grundy County Health Council
- County Advisory Board
- Grundy Safe Communities Coalition
- Grundy County Health Department
- Grundy County Lions' Club
- UT Extension-Family & Consumer Sciences Coalition
- Aerospace Testing Alliance
- Volunteer State Health Plan of TN
- SETHRA-Community Initiative
- Cover Kids
- Tennessee Roadbuilders Association
- Ollie Otter Seatbelt Safety
- Mountain Valley Mental Health
- Seven Day Adventist Community
- WE-R CPR/First Aid Agency, Chattanooga TN

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These activities include Healthy School Teams, health council, Grundy Safe Communities Coalition, county advisory board, vision/hearing screenings, Back To School Bash, and Healthy Horizons. Currently, 25 parents are collaborating with CSH.

Students have been engaged in CSH activities. These activities include Healthy School Team members, screenings, surveys for coalition, Back To School Bash, County Wide Field Day,

Healthy Horizons, and Stop Tobacco. Approximately 28 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Grundy County School System, the following health interventions have taken place:

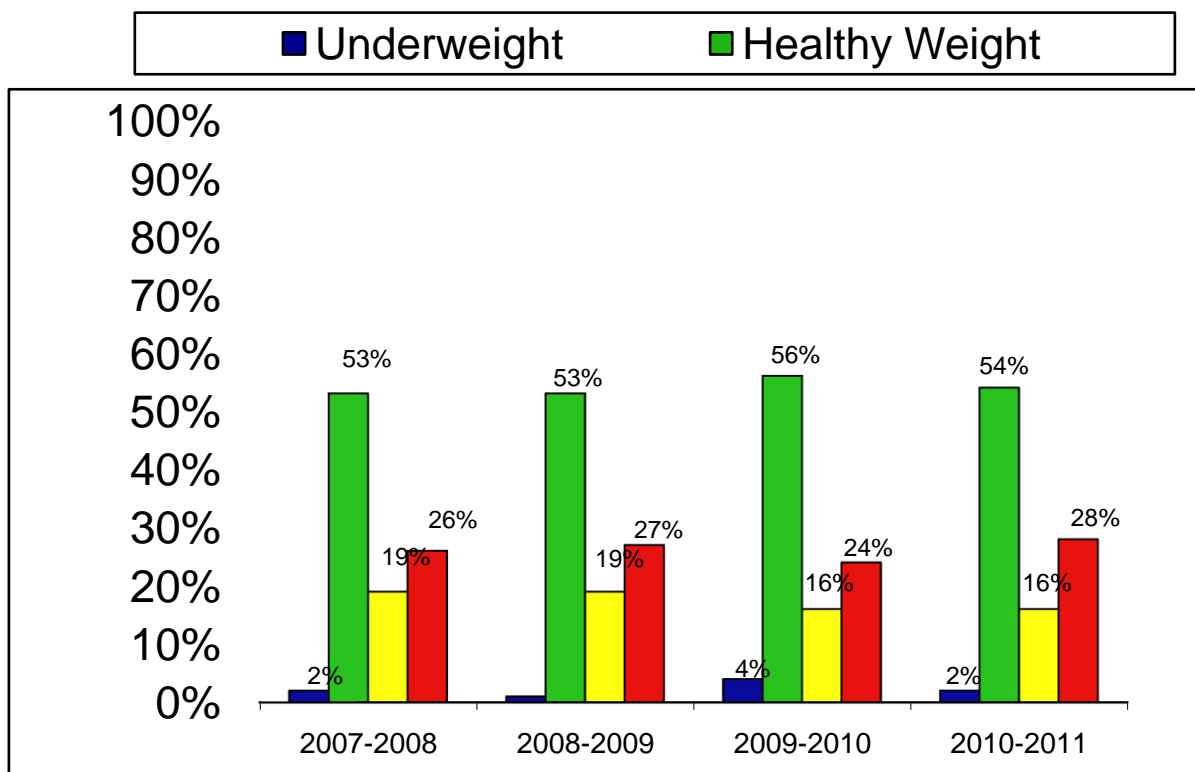
School Health Screenings and Referrals to Health Care providers – 4,495 students screened and 458 students referred;

Students have been seen by a school nurse and returned to class – 20,025 were seen by a nurse, 17,768 of those students returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA

**Body Mass Index (BMI)
Comparisons by School Year**

Grundy County



Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: Michigan Model materials: \$5,758.00, Take 10!: \$1753.00, education videos: \$3000.00, physical education equipment, Wii Fitness Plus: \$3136.00, Dance

Dance Revolution: \$3551.00, playground mulch: \$6000.00, nurse equipment for screenings: \$5,064.00, resources for nutrition: \$992.00;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include Olweus Bullying Training, Take 10!, Michigan Model, CPR/First Aid, immunization, sun safety, Power U, CANS Training, suicide prevention;

School faculty and staff have received support for their own well-being through “Biggest Loser Campaign, staff newsletters, 7 one month trial memberships at Manchester Recreation Facility, 25 one month trial memberships at Hard Bodies Fitness Club, and Central Office Wellness Walking Teams;

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model K-12, sun safety, Tennessee Roadbuilders Association, Ollie Otter Seatbelt Safety, Truth About Drugs, 6th, 7th, and 8th grades, and the Grundy Safe Communities Coalition;
- Physical Education/Physical Activity Interventions – Take 10!, county-wide field day, Blue Cross Walking Works for Schools All Grundy schools are in compliance with the 90 minute physical activity law;
- Nutrition Interventions – Nutrition Nuggets Newsletters, science/health fair, Healthy Horizons Grant for 4th grade students, Power-U, Healthy Bee Health Fairs, March nutrition awareness campaign, science/health fair at North Elementary;
- Mental Health/Behavioral Health Interventions – Olweus Bullying Training, CANS Training, Mountain Valley Mental Health partnership.

Additional highlights include all seven Grundy County schools are CSH schools. Birthday/Celebration Policy: 1 party per month, with healthy snacks only encouraged, Biggest Loser Campaign: Teachers and Staff Wellness Contest, Back To School Bash, County Wide Field Day, AED's purchased in 2010-11 at all schools, and two additional nurses hired for our system.

In such a short time, CSH in the Grundy County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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